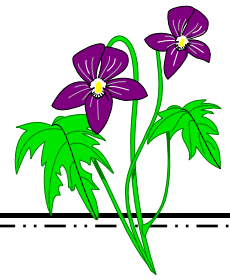


Folsom Native Plant Society

March 2006



Next Meeting Date:

Sunday, March 26, 2006 at 1:00 p.m.

Potluck Lunch

Edible Plant discussion & show and tell – Bring some examples of edible or blooming native plants.

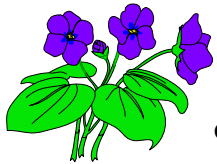
At the Home of John Larkin - 86419 Mockingbird Hill Road (north of Folsom) - phone number: 796-5597

Directions: From Folsom, head north on Hwy. 25 for 4 ½ miles (start your odometer at the Folsom stoplight.) You will pass Jenkins Lumber. Turn left on Mocking Bird Hill Road (if you cross the little bridge on Hwy 25, you've missed the turn.) Drive on Mocking Bird Hill Road for 4/10 of a mile, past the Blackwell Cemetery. John's house is on the left.

From the President's Corner

Greetings to all,

As I look around the parish for wildflowers that are in bloom, I come to realize how much the landscape has changed. Across the road, near the ditch where the white violets (*Viola primulifolia*) used to thrive in the shade, none are blooming. That area is now sunny. Most of the violets prefer some shade. Birds-foot Violet (*Viola pedata*) being the exception. It prefers more open areas.



The wildflower blooms seem to be scarce this year. If you do see a bloom, it's not in the usual place. I used to look high in the trees for Carolina Jessamine (*Gelsemium sempervirens*), but this year, the only ones I see are near the ground where the trees they used to be climbing in are lying. Well, at least our necks won't get sore looking for blooming vines this year.

Be on the look out for the flat, purplish rosette of leaves of *Salvia lyrata* (Lyre-leaved Sage). The flower spikes are just beginning to form and you don't want to run over them with the lawnmower. Also take notice of the tiny Bluets (*Houstonia patens*) that are blooming down in the grass. This is one of the smallest wildflowers.

I hope to see you, one and all, at the meeting this month. Bring some examples of wildflowers that are blooming. They're scarce this year and I'd like to see some.

Written for John Larkin by YLB

February Meeting Highlights

About a dozen members braved the cool, moist meeting day. Emily Canter, our web master, attended with her little daughter and mother (Jimmie). She gave us an update on the website (<http://www.folsomnativeplantsociety.org>) which is still under construction. The homepage is up for all to see and more pages will be added in the near future.

After the brief meeting everyone went outside to set up a tree planting assembly line. The trees were in pretty good condition, even though they had to stay in the bags for a month. All 200 seedlings were planted and the attending members took home 10-15 each. These will be distributed throughout St. Tammany Parish to replant some of what was lost to Katrina. Some of the ones that were left will be used as door prizes at future meetings. If we order again next year, we need to have a planting session in January, shortly after the order is received, so that the little trees will have a better chance of surviving.



We decided not to have a booth at the Master Gardener Spring Show (March 18-19, 2006). Instead, John and a few of the Master Gardener / FNPS members will pass out copies of the February & maybe March newsletters. Perhaps next year (barring another Katrina) we can plan ahead and get a booth display together.

Jim brought some great books for show and tell. I've included a list below. We hope that everyone will

let us know about new wild plant books so that we can put them in the newsletter to spread the good word.



Jim's Good Books

Allen, Charles M. Edible Plants of the Gulf South. Allen's Native Ventures, 2005 or 06?

Allen, Dr. Charles M. Grasses of Louisiana 3rd ed.. Allen's Native Ventures. (e-mail: native@camtel.net)

Fontenot, William R. Native Gardening in the South. Basse Publications, 217 St. Fideles, Carencro, LA 70520. (e-mail: bbboy@naturestation.org).

Jones, Samuel B. and Leonard E. Foote. Gardening with Native Wild Flowers. Timber Press, 1990.

Loewer, Peter. Ornamental Grasses for the Southeast. Cool Springs Press, 2003.

Wasowski, Sally. Gardening with Native Plants of the South. Taylor Trade Publishing, 1994.

March Native Blooms

Chickasaw Plum (*Prunus angustifolia* Marsh.)

Florida Anise (*Illicium floridanum*)

Flowering Dogwood (*Cornus florida*)

Hawthornes - May haw (*Crataegus opaca*), Parsley

Hawthorne (*C. marshallii*)

Oxallis rubra, *O. violacea* (Violet Wood Sorrel), *O. stricta*
(Yellow Wood Sorrel)

Red Trillium (*Trillium sessile*)

Service Berry (*Amelanchier* spp.)

Southern Crabapple (*Pyrus angustifolia*)

Stokes' Aster (*Stokesia laevis*) late

Star Anise (*Illicium floridanum*)

Violets (*Viola* spp.)

Hummingbird Plants

Native Azaleas (*Rhododendron canescens*)

Blue Phlox (*Phlox divaricata*)

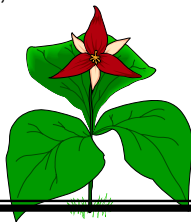
Carolina Jessamine (*Gelsemium sempervirens*)

Eastern Redbud (*Cercis Canadensis*)

Huckleberry / Wild Blueberry (*Vaccinium* spp.)

Lyre-leaved Sage (*Salvia lyrata*)

Red Buckeye (*Aesculus pavia*)



Edible Wild Plants - Part 3

By Yvonne Bordelon

Many people think that survivalists and herbalists are not unlike a swarm of locusts swooping down on the landscape and devouring everything. This can't be further from the truth. A good survivalist and herbalist actually can do more good for any landscape than a person that does nothing at all.

Tom Brown, Jr.; Tom Brown's Field Guide Wild Edible and Medicinal Plants

We continue the Edible Plant series which is based on a list by Dr. Charles Allen. Page numbers in the various guides are included if more information is needed. Remember that caution must be taken before sampling any wild plant as some may be toxic.

- ⊗ *Krigia dandelion* (False Dandelion) – Parts used: tubers (Brown p. 209, WEUS p. 482) A low growing perennial herb that grows from a rhizome, bearing a small tuber. Leaves form a rosette and are lanceolate, linear and irregularly lobed. Yellow flower head is dandelion-like. Found along roadsides, gardens, prairie, pine lands.
- ⊗ *Lactuca* spp. (Wild Lettuce) – Parts used: young leaves (EWP p. 86, 144, Ency p. 437-438) Numerous species, tall, leafy plants (bitter, milky sap) with loose clusters of blue to white dandelion like flowers. Found in waste places, moist thickets, clearings. Uses: salad and cooked greens. Edibility: of mediocre taste or texture, abundant.

- ⊗ *Lamium amplexicaule* (Henbit) – Parts used: tips (Brown p. 157, Ency p. 373) A low annual (up to 18” tall) with purple, 2-lipped long, wide open throated flowers, naturalized from Eurasia. Found in lawns, cultivated soils and gardens. Uses: eaten cooked or raw in Europe and Asia. Leaves and flower tops have been used as an astringent and expectorant since the Middle Ages. Edibility: good quality and abundant.
- ⊗ *Lepidium virginicum* (Peppergrass) – Parts used: shoots, green seed pods (EWP p. 26, Ency p. 172) Plants forming low rosettes of toothed or deeply cut basal leaves in spring and spike-like clusters of tiny 4-petaled flowers followed by flat, nearly circular, slightly notched seed pods. Found along roadsides, waste places and fields. Uses: salads, cooked green or seasonings. Edibility: good quality, but not abundant.
- ⊗ *Liatris* spp. (Blazing Stars) – Parts used: corms (Brown p. 210-211, Ency p. 441) There are several varieties locally of the perennial with a spike-like purplish inflorescence growing from a corm. Widely distributed in open woods and pinelands. Uses: corms of *L. squarrosa* have been used medicinally as a diuretic. Edibility: plants require long preparation or are tedious to gather and are not abundant.
- ⊗ *Lycopus* spp. (Bugleweeds) – Parts used: tubers (EWP p. 54, Ency p. 374) Perennial that looks like wild mint, but is odorless. Leaves are light green, fine toothed, short stalked, tapering at both ends. Stems are slender and hairless. *L. uniflorus* is the only one with a corm. Found in low, wet ground. Uses: salads, cooked vegetable, pickle. Edibility: requires long preparation or tedious gathering, not abundant.
- ⊗ *Melothria pendula* Melonette (Creeping Cucumber) – Parts used: fruits (Ency p. 152, WEUS p. 101, 373) Gourd family, perennial vine, trailing or climbing by tendrils. Cucumber like leaf, ovoid green to black fruit with white seeds. Seeds are poisonous. Found in dunes, swales, scrub areas marsh and swamp edges. Edibility: mediocre taste or texture, not abundant.
- ⊗ *Mitchella repens* (Partridgeberry) - Parts used: fruit (Brown p. 176, EWP p. 36, 102, 174, Ency p. 400) Creeping ground cover with twin, white or pink flowers followed by a single, tasteless red berry. Leaver paired and almost round. Found in moist woods. Uses: Nibble or in salad. Edibility: mediocre taste or texture, not abundant.
- ⊗ *Mollugo verticillata* (Carpet Weed) – Parts used: plant (Ency p. 107, WEUS p. 7, 21) Annual weed originally from tropical America. Prostrate stems spread from a central root. Two to five flowers bloom from each node. Common, found in gardens, borders, fields, sandy soils, usually moist soils. Uses: young plant is cooked. Edibility: mediocre taste or texture, widely distributed but not abundant.
- ⊗ *Morus* spp. (Mulberry) – Parts used: fruit, young new shoots & leaves (EWP p. 210, Ency p. 63, Allen p. 194) A tree with 3-6” fine toothed, often 2-3 lobed leaves. Twigs hairless, sap of twigs & leaf stalks are milky. Fruit is like blackberries, red then purple when ripe. Found in rich soil, open woods, & fencerows. Uses: fresh fruit, jelly, cold drink & cooked vegetable. Edibility: good quality, neither widely distributed nor abundant.
- ⊗ *Nelumbo lutea* (Water Chinquapin, American Lotus) – Parts used: young leaves, seeds & rhizomes (Brown p. 49, EWP p. 60, Ency p. 47) Large water lily with light yellow flowers, huge leaves usually held above the water and showerhead like seed pods. Found in quiet waters throughout LA. Uses: potato, cooked green, cooked vegetable, nuts & flour. Edibility: requires long preparation or tedious gathering, abundant in S. LA.
- ⊗ *Nuphar* spp. (Splatter dock) – Parts used: rhizomes, seeds (Brown p. 48, EWP p. 60, Ency p. 45) Perennial aquatic herb from large rhizomes. Ovate leaves, erect to floating in deep water. Yellow, cup shaped 1-2” flower. Widely distributed in bayous, lakes & roadside ditches. Uses: potato, popcorn, flour & corn. Edibility: requires long preparation or tedious gathering.
- ⊗ *Nymphaea* spp. (Water Lily) - Parts used: leaves, rhizomes (Brown p. 48-49, EWP p. 22, Ency p. 46) Many petaled water lily (usually white) with floating to emergent leaves and flowers. Found in fresh marshes, cypress swamps, ponds & ditches. Uses: cooked green, cooked vegetable, flour, potato. Edibility: requires long preparation or tedious gathering, abundant.
- ⊗ *Nyssa* spp. (Black Gum) – Parts used: fruits (Ency p. 281, Allen p. 166) A group of deciduous, dioecious (male & female) trees that are mostly aquatic. The fruit is a drupe. Most (except *n. sylvantica*) must grow near water. The fruits are eaten by many species of birds & animals. Uses: preserves & jams. Edibility: mediocre taste or texture, abundant locally.

- ⊗ *Oenothera biennis* (Evening Primrose) – Parts used: young leaves, roots (Brown p. 120, EWP p. 66, Ency p. 278) A rough, hairy biennial with a low rosette of leaves the first year and a flower stalk with a red stem topped with a cluster of yellow flowers the 2nd. Found in dry soil, roadsides, waste ground. Edibility: mediocre taste or texture, abundant.
- ⊗ *Oxalis* spp. (Wood sorrel) - Parts used: roots, leaves (Brown p. 96-97, EWP p. 72, 104, 134, Ency p. 313) A delicate woodland plant with clover-like leaves and 5 petaled yellow, rose, pink or white flowers. Note its sour taste. Excessive consumption may inhibit calcium absorption. Use: Salad, cold drink. Edibility: good quality, abundant.
- ⊗ *Passiflora incarnate* (May Pop) – Parts used: fruits (Brown p. 116, EWP p. 94, Ency p. 144) Trailing or climbing vine with tendrils. Showy flowers are followed by a yellow, hen’s egg size fruit. Found in sandy soil; fields, roadside, thickets. Uses: Fresh fruit, cold drink, jelly. Edibility: good quality, not abundant.
- ⊗ *Petalostemon candidum* (also *Petalostemum*) (Prairie Clover) – Parts used: leaves (Brown p. 85) A member of the legume family with alternate leaves having 7-9 punctate oval to slightly obovate leaflets. White flower clusters are 1-3 in. long and blooms from bottom to top. Widely distributed in prairie and pinelands.
- ⊗ *Phragmites communis* (Reed) – Parts used: rhizome tips, seeds, rhizomes (EWP p. 228, Ency p. 480) A large, grass like plant with silky, plume like terminal flower clusters; purplish when young and fluffy when older. Jointed, hollow pithy stems with gray-green leaves. Root stock is 6-10 ft. long & creeping. Found in fresh or brackish marshes, ditches. Uses: Candy, cereal & flour. Good quality, abundant.
- ⊗ *Phytolacca Americana* (Pokeweed) – Parts used: leaves (EWP p. 46, Ency. P. 85) A widely branched, weedy plant with large leaves and smooth reddish stems. Flower clusters are made up of 5 greenish white petal-like sepals followed by glossy purple-black berries. Found on roadsides, fields, waste places. Uses: asparagus, cooked green, pickle. **Caution: Root, seeds, mature stems & leaves are extremely poisonous.** Edibility: good quality, but are toxic without special preparation, abundant.
- ⊗ *Plantago* spp. (Plantain) – Parts used: leaves (EWP p. 46, Ency p. 388) Low plants with tiny greenish white flowers and leaves in basal rosettes. Common weed found in lawns throughout. Uses: salad, cooked greens. Edibility: good quality, abundant.
- ⊗ *Polygonatum biflorum* (Solomon’s Seal) – Parts used: rhizomes, stem tips (EWP p. 76, 148, Ency p. 514) An uncommon plant in LA with arching stems on which clusters of greenish yellow bells dangle beneath parallel veined alternately arranged leaves. Black fruits are toxic. The rootstock is whitish and has large circular “seals” on it. Found in woods and thickets. Uses: Asparagus, salad, potato. Edibility: good quality, not abundant.
- ⊗ *Polygonum* spp. (Knotweed, smartweed) – Parts used: shoots, seeds (Brown p. 46, EWP p. 46, 116, Ency p. 127) These common weeds include both native & species introduced from Eurasia. *P. cuspidatum* is a tall & shrub like weed with hollow, bamboo like stems. The shoots can be eaten like asparagus. Various types are found in lawns, roadsides & gardens. Uses: asparagus, jam, meal. Edibility: good quality, abundant.
- ⊗ *Pontederia cordata* (Pickeral Weed) – Parts used: shoots, seeds (Brown p. 14, EWP p. 136, Ency p. 505) An aquatic plant with spikes of blue flowers and arrowhead shaped leaves. Found on pond edges & shallow water. Uses: salad, cooked greens, cereal, flour. Edibility: good quality, abundant in wet areas.
- ⊗ *Portulaca oleracea* (Purslane) – Parts used: leaves, seeds (EWP p. 72, Ency p. 112) Originally from the tropical & subtropical regions of the old world, a prostrate plant with rosettes of fleshy, paddle-shaped leaves & yellow flowers with 5 petals. Found in rich, sandy soils and waste places. Uses: salad, cooked green, pickle, flour. Edibility: good quality, abundant.
- ⊗ *Prunus Americana* & *umbellata* (Wild Plum, Sloe) – Parts used: fruits (Brown 67-68, EWP p. 218, Ency p. 217, Allen p. 190, 192, 194) Large shrubs or small trees similar to wild cherries with small white flowers followed by large fruit (red, yellow, purplish or black) Found in thickets throughout LA. Uses: Fruit & jelly. Edibility: outstanding taste, pleasant texture & healthful qualities, easy to gather, rarely abundant.
- ⊗ *Prunus serotina* (Black Cherry) – Parts used: fruit (Brown 68, EWP p. 218, Ency p. 217, Allen p. 194) A large deciduous tree with shiny oval leaves and smooth red-brown, gray or white bark. Clusters of small white blooms are followed by sour

black ovoid drupes. Found in woods & thickets throughout LA. Uses: jelly (fruit), cough syrup/drops (inner bark). Edibility: outstanding taste, pleasant texture & having healthful qualities, easy to gather, rarely abundant.

- ⊗ Psoralea spp. (Sampson's Snake Root) – Parts used: root (Brown 87, Ency 265) A bushy perennial member of the legume family with lanceolate to broadly elliptic leaves and purplish flower clusters followed by small pods. Widely found in prairie, pinelands and along railroads. Uses: starchy roots were eaten raw or cooked. Edibility: requires long preparation or tedious gathering, not abundant.
- ⊗ Pteridium aquilinum (Bracken Fern) – Parts used: fiddle heads, rhizomes) (EWP p. 232, Ency. P. 21) Large, course, erect fronds rising singly from single rootstocks. Fiddle heads shaped like an eagle's claw. Found in dry, open, sunny places; woods, old pastures, burns. Uses: salad, asparagus. **Warning: Cooking Recommended & limited consumption is advised.** Edibility: good quality, but requires long preparation or tedious gathering, abundant.
- ⊗ Pyrus (Malus) angustifolius (Crab Apple) – Parts used: fruits (Brown p. 69, EWP p. 216, Ency p. 214, 227) A small flowering deciduous tree. Flower buds are deep pink & open petals are pink to white. Fruit is a yellow-green 1in. apple. Widely distributed along small stream bottoms & moist woods. Uses: jelly, preserves. Edibility: good quality, not abundant.

Native Plant Literature Legend

Brown = Brown, Clair A. Wildflowers of Louisiana and Adjoining States. LSU Press: 1991.

Ency = Couplan, Francois, Ph.D. The Encyclopedia of Edible Plants of North America Nature's Green Feast. Keats Publishing: 1998. It has limited plant descriptions and pictures, extensive history and uses of plants as well as codes for location, edibility and abundance.

EWP = Peterson, Lee Allen. Edible Wild Plants (Peterson Field Guides). Houghton Mifflin: 1977. A field guide containing plant descriptions, drawings and color plates and uses.

WEUS = Duncan, Wilber and Marion B. Duncan. Wildflowers of the Eastern United States. University of Georgia Press, 1999.

Allen = Allen, Charles M. PhD. Trees, Shrubs, and Woody Vines of Louisiana. Allen's Native Ventures, LLC, 2002.

Folsom Native Plant Society Membership Renewal / Application

It's time to pay your FNPS dues. Please complete the following and return with your check for either \$18.00 (if you wish to receive the newsletter by regular mail) or \$12.00 (if you wish to receive it by e-mail).

_____ \$18.00 Mail

_____ \$12.00 e-mail

Name: _____

Address: _____

City/State Zip: _____

Home Phone: _____ E-Mail Address: _____

Mail to: Folsom Native Plant Society, P.O. Box 1055, Folsom, LA 70437

Folsom Native Plant Society Statement of Purpose:

The purpose of our group is to protect, perpetuate, and propagate the abundant native plants of Northwest St. Tammany Parish, Louisiana, and adjacent areas, focusing primarily on our native wildflowers, which are fast disappearing; and to discourage pollution of our water and ground so basic to their survival.

Our Board for 2006

President: John Larkin

Vice President: David Campbell

Treasurer: David Scherer

Newsletter: Al & Yvonne Bordelon ylbordelon@bellsouth.net

Hospitality Committee: Millicent (Jimmie) Canter & Lois Gagliano

New Member Mentor: Temae Theriot

FNPS Website: <http://www.folsomnativeplantsociety.org/> (under construction)

Emily Canter Amthor & Yvonne Bordelon

FNPS Yahoo Group: <http://groups.yahoo.com/group/FolsomNativePlantSociety/>

Folsom Native Plant Society
P.O. Box 1055
Folsom, LA 70437

Please note:

Next Meeting:

Sunday, March 26, 2006

1 P.M

At the Home of John Larkin